

VACCINATION.

A STRONG AND SENSIBLE PAPER.

In Regard to Smallpox.

Dr. R. H. Lewis, Secretary of the Board of Health for North Carolina, has sent out the following advance sheet of the Bulletin of the Board of Health relative to vaccination:

While the instructions for quarantine and disinfection issued by the Board several years ago in compliance with the requirements of Section 9 of the Act in Relation to the Board of Health, really embody all that is necessary, it faithfully carried out, for the restriction of contagious diseases, it is thought advisable in view of the prevalence of smallpox in one section of the State, and the strong probability of its spreading, to issue fuller and more specific directions as to the management of that particular disease.

In order to be perfectly plain it may be necessary to be somewhat elementary and the well informed health officer must not consider what is said as a reflection upon his intelligence and knowledge. It should be remembered that this is merely a supplement to the "Instructions" and the two must be read together.

We will consider the subject in its relation, 1, to the patient; 2, to the physician; 3, to the general public; 4, to the municipality, and finally, 5, to vaccination.

1. The Patient.—Owing to the tendency in human nature to put away disagreeable things it seems that in many cases the attending physician is loath to admit that the case is one of smallpox and calls it chickenpox, urticaria and even pemphigus, while the people, in one locality at least, denominate it "elephant itch." When a mistake is made in the diagnosis or until it is correctly made, no precautions are taken, as a rule, and free intercourse with the patient being allowed, the infection is spread. The diagnosis is not difficult, but as no chances should be taken, the obviously proper thing to do whenever there is any doubt about it is to manage the case as if it were smallpox. When smallpox is prevailing every one with an eruption who a few days before its appearance had headache, pain in the back and fever, should be strictly quarantined until time has settled the question. Above all things the patient should be properly cared for. This is not a superfluous suggestion—as it ought to be—for it occasionally happens that the cry of smallpox produces such an acute and general panic that the poor sufferer is more or less neglected, for a while at least. There is no excuse for this, as thoroughly vaccinated persons can handle such cases with little danger as they could measles.

2. The Physician.—The greatest care should be taken by the physician to avoid carrying the infection to others. He should have a special suit of clothes during the warm weather of some material that will wash—or better, perhaps, a long gown of linen or cotton, buttoning close around the neck above the collar and tightly around the wrists, to be worn over his ordinary clothes, with a cap of paper or oiled silk completely covering his hair, while his feet are protected by rubber shoes. The garments should be donned in an uninfected room, or out of doors if there is no room, and removed upon returning to the same from the room of the patient. If the disease is present in only one house, the special suit can be left there but not in the room with the patient. If, however, there be cases in other houses to be seen, it can be rolled up and carried in a close-shutting hand-bag. To make assurance doubly sure it would be well after the rounds for the day have been made to hang it up in a box or closet or wardrobe in an unoccupied room and disinfect it with one of Schering & Glaxo's small formaldehyde lamps. Before going to bed hang it out of the window to remove the formaldehyde odor. Do not forget to disinfect the hand-bag also, if one is used. Before leaving the premises the hands and face, (beard particularly) should be washed with some reliable antiseptic—bichloride of mercury, 1 to 2000, or a 2 per cent. solution of carbolic acid for example.

3. The General Public.—The people should bear in mind the fact that there is no reason whatever for becoming panic-stricken at the announcement of smallpox in their community—by no means such good reason as on the appearance of diphtheria or scarlet fever. In smallpox alone of all the contagious diseases have we a sure preventive—vaccination. All one has to do in such circumstances is simply to get his physician to successfully vaccinate him and go on his way rejoicing without the least fear or anxiety. Should the disease become epidemic and the first vaccination fail to take, it would be well for the sake of certainty to be re-vaccinated at the end of a week. It is to be borne in mind that this advice regarding the necessity for vaccination

applies with almost equal force to those persons who have been vaccinated in childhood and have reached adult life. For while it is true that the primary vaccination done in early life may in most instances protect the persons through life, this immunity for so long a period cannot be assured, and to make themselves safe, it is most advisable to have the vaccination done again. This will appear reasonable, when it is remembered that if the person vaccinated in early life does contract smallpox, it will only develop into a very mild form, varioloid; but it must not be forgotten that this mild form, this varioloid is of the same nature as the severer forms and will excite in the unvaccinated typical and often fatal smallpox. Good citizens should and would hold up the hands of the powers that be and cheerfully render every possible assistance in carrying out thoroughly and loyally the plans devised for stamping out the disease. No dependence, to the exclusion of vaccination, should be placed upon quarantines, for inland quarantines are notoriously ineffective.

4. The Municipality.—The authorities of any city or town liable to become infected from other points should not wait until the disease actually appears in their own community but make their preparations for taking care of and checking its spread in advance. The proper management of smallpox demands a hospital consisting of at least four rooms—preferably two small houses of two rooms each—for the separate accommodation of both sexes of the two races; and a larger house for the detention of those known to have been exposed, until the period of incubation—say fifteen days—has passed. As we never think lightning is going to strike us such complete anticipatory preparation can hardly be expected, but preliminary arrangements ought to be made for providing, with the least possible delay, these necessary buildings. Tents would answer in warm weather. When a case appears in the town itself an abundant supply of first-class virus should be ordered by wire, arrangements should be made with a sufficient number of physicians to perform the work quickly, and everybody not giving satisfactory evidence of previous vaccination should be vaccinated. If not already in existence, such ordinances as may be necessary, with sufficient penalties attached, should be immediately enacted. Section 26, chapter 214 Laws of 1893, gives all incorporated towns the fullest power in this matter, whether given in their charters or not.

5. Vaccination.—There is, we regret to say, considerable opposition to vaccination among the people. This is due chiefly to the prejudice of ignorance, and is, therefore, more difficult to overcome. There is not sufficient ground for this prejudice. While it is true that "bad arms" occasionally follow vaccination it is but rarely, if the proper precautions are taken in making the vaccination and decent care is taken of the arm afterwards. If good bovine virus is used there is no danger of the transmission of any disease. The heifers in the best establishments are always tested for tuberculosis—even if tuberculosis can be transmitted in that way, which is extremely doubtful, to say the least. Admitting that there is some ground, though by no means sufficient, for the breadwinner of a family to object for himself, there is none for his children. In this connection we believe it would be not only humane but wise, from a purely business point of view, for all large employers of labor, as mill-owners with us, to insist on the vaccination of all operatives, agreeing, in case of disability therefrom, to pay half wages or at least enough to prevent suffering.

Vaccination is one of the simplest of operations, but many bad arms are undoubtedly traceable to its improper performance—to the neglect of a little care. Thorough asepsis should be observed. The arm should be scrubbed clean with soap and water, and the vaccination performed with a sterilized instrument, the point itself, which has already been sterilized, if points are used, or a steel instrument be employed, by wiping it clean and passing it through the flame of an alcohol lamp after each vaccination. To avoid the necessity of carrying the alcohol lamp around in house to house visitation, it has been suggested that the vaccinator carry a paper of fair-sized needles with him, and with these needles scarify the place where he intends to introduce the virus, using a fresh needle for each patient. Do not make the scarifications over a quarter of an inch square, and avoid, if possible, drawing blood, as the clot in drying takes up and holds some of the virus. It is recommended three or four of these little scarifications be made quite close together in a group. The best opinion at present is that pus infection is less liable to follow the use of the glycerinated lymph, though the points have many friends on account of their convenience and the rapidity with which they can be used. Vaccinate! Vaccinate! VACCINATE!!!

For broken surfaces, sores, insect bites, burns, skin diseases and especially piles there is one reliable remedy, DeWitt's Witch Hazel Salve. When you call for DeWitt's don't accept counterfeits or frauds. You will not be disappointed with DeWitt's Witch Hazel Salve.—E. T. Whitehead & Co.

UNKNOWN HEROES.

DOWN IN THE STOKEROON.

Glimpse of the Heroic Fellows Under the Decks.

New York Press.

If a landsman wants an experience that he will not forget soon let him go down into the stokehole of a warship. Then he will realize, indeed, what it means to be in the bowels of a vessel, and, to an extent, what it means to be buried alive. If he can face the roaring furnaces without shirking and stand in the steel walled pit without feeling dread, he will be a man of rare nerve.

Sunk in a shaft twenty feet below the sea, men toil amid fierce fires whose flames in that confined space lick out at them with every movement of the long steel slice bars that are used to feed the raging furnaces, as savage caged beasts are fed, and, like the beasts, the fires are raging to kill the men, who master them only by desperate labor.

There is no room to spare on a modern ship. Therefore, the mighty furnaces are so crowded together that the men who serve them have barely space to move to and fro before them. So near them are the stokers and firemen that until their skins are hardened to it they blister and crack with the heat. The chance visitor can bear it only a few minutes, and even in that short time he feels as if the air were roasting him alive.

Every time one of the red-hot discs that serves as a furnace door is opened the terrific fires within seem about to leap out to destroy the ship. Fine gray ashes make a film in the air, and suffocate one. The air that is forced into the stokehole from above catches the heat so quickly that it is shriveling almost as soon as it comes from the vent of the blowers.

Slice bars and shovels are too hot for any hand except that of a hardened fireman to touch. There is nothing to be heard of the sounds of the sea or of the rushing of the ship. Noises are plentiful, but they are the noises of seething flames and of groaning machinery.

That is a stokehole when the ship is going at ordinary speed and there are no special demands on the stokers and the firemen. When there comes the time that a ship must fight for her life, chase, or run, the stokehole becomes a place of torment. When the warship goes into action she calls on every one of her hundred and more engines to be in readiness, and the firemen must furnish every pound of steam that they can give her. The more they give her the louder are the demands of the engineers for more, and the men must work at the fires till they fall. Forced draught is the order then, and the stokehole is practically sealed up that no air may escape from it, except through the furnaces. The fires grow fiercer and fiercer, and soon there is no spot in the steel pit that is not unbearably hot. Men watch the indicators and yell for more steam. The engineers shout at the tolling horde that the fires are not hot enough to work a tug-boat. The grates are choking with the steady rush of ashes. Coal is pouring into the roaring mouths of the furnaces in steady streams. So enormous is the draught that solid masses of it are sucked into them as if they were feathers. The water-carriers carry bucket after bucket to the panting bodies are hidden under the gray coating of the ashes, that are so thick in the air now that the electric lights shine only dimly through them. Men fall in queer limp heaps, and are dragged away to die or to go mad. Relief after relief is called to the burning hole, and still the open throats of the furnaces make the steam faster than the furnaces can make it. What is going on above no man down there knows. Sometimes a dull echoing shock may tell them that the ship has been hit hard. News drifts to them at intervals that the enemy is winning or losing, but of the glory of the fighting they know nothing. They know only that if the ship is torpedoed they will die, with no chance to swim or fight. Even if she sinks more slowly, from damages through cannon shot, they must stay at their posts till the end; and when they get the word to save themselves they have before them a desperate climb up slippery ladders and through narrow manholes—a bad course to race with a rushing sea when it is pouring into a seeling ship from every part. While their hold is protected better than any other part of the ship against the direct impact of projectiles, there is no protection against torpedoes or shells that may drop into the stokeholds. The stokers and the firemen of the modern warship face many of the dangers of war, much of the suffering and get little of the glory.

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Corn Bread.

Written for the Epitome.

There is one thing the Northern people have yet to learn, and that is how to make corn bread. It is true, it appears on the table once in a while, but almost always in the shape of muffins or corn cakes. They are good, but we soon tire of them. The bread, whether of wheat or corn, that is to be eaten daily must be made in the plainest possible way, or we lose all relish for it. This is proven by the fact that however well we may like biscuit, biscuit can never take the place of the wheaten loaf; we want our plain, white bread just as the German wants his rye loaf; but it would be better for us all if we would eat more corn. Corn is rich in carbon, fuel and fat, and, therefore, ought to be largely consumed in a cold climate, and its cheapness should recommend it to all classes. But, outside of the South, few women know how to make good corn bread. The corn bread par excellence is the Southern "hoe-cake," made just as we make our white bread, with flour (or meal), salt and water, and nothing else. The only difference is that one is leavened and the other is not. Any leavening process seems to rob corn bread of its peculiar "shortness," sweetness and flavor. Made in this way, just stirred up with cold water, and baked in an oven or hot skillet, it is about the cheapest and most satisfying kind of bread that can be made.

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WILMINGTON & WELDON R. R. AND BRANCHES. AND FLORENCE RAIL ROAD. CONDENSED SCHEDULE.

TRAINS GOING SOUTH.											
DATED	July 28, 1898.	July 29, 1898.	July 30, 1898.	Aug. 1, 1898.	Aug. 2, 1898.	Aug. 3, 1898.	Aug. 4, 1898.	Aug. 5, 1898.	Aug. 6, 1898.	Aug. 7, 1898.	Aug. 8, 1898.
Leave Weldon	11:50	9:45	12:15	10:30	12:45	11:00	9:15	11:30	10:00	12:15	10:30
Ar. Rocky Mt.	12:15	10:30	1:00	11:00	1:15	12:30	10:45	1:00	11:15	12:30	10:45
Leave Tarboro	12:20	10:50	1:10	11:10	1:20	12:35	11:05	1:20	11:25	12:40	11:00
Lv. Rocky Mt.	1:00	10:30	1:00	11:30	1:15	12:45	11:15	1:30	11:45	1:15	12:45
Lv. Fayetteville	1:08	11:38	1:08	11:38	1:08	11:38	1:08	11:38	1:08	11:38	1:08
Lv. Selma	1:18	11:48	1:18	11:48	1:18	11:48	1:18	11:48	1:18	11:48	1:18
Lv. Fayetteville	4:25	1:07	4:25	1:07	4:25	1:07	4:25	1:07	4:25	1:07	4:25
Ar. Florence	1:35	1:15	1:35	1:15	1:35	1:15	1:35	1:15	1:35	1:15	1:35
Lv. A. M.	1:35	1:15	1:35	1:15	1:35	1:15	1:35	1:15	1:35	1:15	1:35

TRAINS GOING NORTH.											
DATED	July 28, 1898.	July 29, 1898.	July 30, 1898.	Aug. 1, 1898.	Aug. 2, 1898.	Aug. 3, 1898.	Aug. 4, 1898.	Aug. 5, 1898.	Aug. 6, 1898.	Aug. 7, 1898.	Aug. 8, 1898.
Lv. Florence	8:45	10:35	8:45	10:35	8:45	10:35	8:45	10:35	8:45	10:35	8:45
Lv. Fayetteville	11:10	11:40	11:10	11:40	11:10	11:40	11:10	11:40	11:10	11:40	11:10
Lv. Selma	11:17	11:47	11:17	11:47	11:17	11:47	11:17	11:47	11:17	11:47	11:17
Ar. Weldon	1:17	1:58	1:17	1:58	1:17	1:58	1:17	1:58	1:17	1:58	1:17
Lv. Weldon	2:12	2:15	2:12	2:15	2:12	2:15	2:12	2:15	2:12	2:15	2:12
Lv. Rocky Mt.	2:12	2:15	2:12	2:15	2:12	2:15	2:12	2:15	2:12	2:15	2:12
Ar. Tarboro	2:12	2:15	2:12	2:15	2:12	2:15	2:12	2:15	2:12	2:15	2:12
Lv. Rocky Mt.	2:12	2:15	2:12	2:15	2:12	2:15	2:12	2:15	2:12	2:15	2:12
Ar. Weldon	2:12	2:15	2:12	2:15	2:12	2:15	2:12	2:15	2:12	2:15	2:12

Daily except Monday. Daily except Sunday. Train on the Scotland Neck Branch Road leaves Weldon 4:15 p. m., Halifax 4:30 p. m., arrives Scotland Neck at 5:20 p. m., Greenville 6:57 p. m., Kingston 7:55 p. m., returning leaves Kingston 7:50 a. m., Greenville 8:52 a. m., arriving Halifax at 11:18 a. m., Weldon 11:33 a. m., daily except Sunday. Trains on Washington Branch leave Washington 8:20 a. m. and 2:30 p. m., arrive Farme 9:10 a. m. and 4:00 p. m., returning leave Farme 9:35 a. m. and 6:30 p. m., arrive Washington 11:00 a. m. and 7:20 p. m., daily except Sunday. Train leaves Tarboro, N. C., daily except Sunday 5:30 p. m., Sunday, 4:15 p. m., arrives Plymouth 7:40 p. m., 7:10 p. m., returning, leaves Plymouth daily except Sunday, 7:50 a. m., and Sunday 9:00 a. m., arrives Tarboro 10:05 a. m., 11:00 a. m. Train on Midland N. C. Branch leaves Goldsboro daily, except Sunday, 7:10 a. m., arriving Smithfield 8:30 a. m., returning leaves Smithfield 9:00 a. m.; arrives at Goldsboro 10:25 a. m. Trains on Nashville Branch leave Rocky Mount at 4:30 p. m., arrive Nashville 5:05 p. m., Spring Hope 5:30 p. m., returning leave Spring Hope 8:00 a. m., Nashville 8:35 a. m., arrive at Rocky Mount 9:05 a. m., daily except Sunday. Train on Clinton Branch leaves Warsaw for Clinton daily, except Sunday, 11:20 a. m. and 4:15 p. m. Returning leaves Clinton at 7:00 a. m. and 2:45 p. m. Train No. 78 makes close connection at Weldon for points North daily, all rail via Richmond.

H. M. EMERSON, Gen'l Pass. Agent. J. R. KENLY, Gen'l Manager. T. M. EMERSON, Traffic Manager.

NORFOLK & CAROLINA R. R.

CONDENSED SCHEDULE.

Dated May 15th, 1898.

No. 103	No. 49	STATIONS.	No. 45	No. 102
P. M.	A. M.		P. M.	A. M.
2:20	9:10	Lv Norfolk Ar.	5:55	10:15
2:40	9:30	Parkers Point	5:30	10:00
3:03	9:57	Drivers	5:05	9:33
3:17	10:11	Suffolk	4:50	9:17
3:50	10:43	Gates	4:20	8:42
4:15	11:00	Tunis	4:00	8:23
4:36	11:16	Ashokey	3:41	8:04
4:58	11:30	Anlawder	3:27	7:48
5:25	12:09	Hobgood	2:53	7:08
6:00	12:29	Ar. Tarboro	2:31	6:45

Ar. 6:35 | 12:55 Rocky Mount 1:35 | 6:17 P. M. P. M.

Daily. Daily except Sunday. Trains No. 49 and 48 solid trains between Parkers Point and Wilmington. Train No. 49 connects at Rocky Mt. with train 23 for all points South and No. 78 train for all points North.

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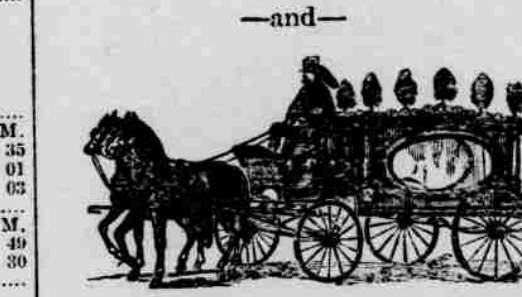
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